



"But if one does not speak of the covenant that constitutes the community as a church, the promise that all are cordially invited to enter, then what does one say is the basis of a liberal church? Long experience teaches that it cannot be a creed. I hope the day comes when many can explain, 'Ours is a covenantal church. We join by promising one another that we will be a beloved community, meeting together often to find the ways of love, as best we can see to do. We have found there is always more to learn about how love really works, and could work, in our lives and in the world.'"

~ Alice Blair Wesley



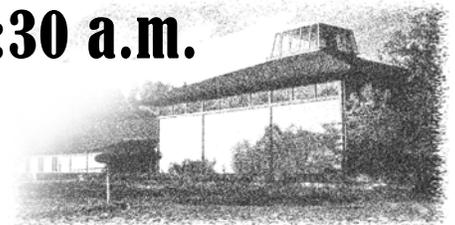
Our world needs us. Our world needs each person in authentic relationship. Our world needs to learn to live with difference and compassion. In short, our world needs Unitarian Universalists—our

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Sunday Worship, 10:30 a.m. and Religious Education



September 4

Teaching: One Man's Influence

Kevin Salamone

This Sunday's speaker is both an educator and a member of May Memorial's Worship Committee—Kevin Salamone. Kevin will share how teaching, for him, is a spiritual practice.

September 11

Off the Trapeze

Rev. Sunshine Wolfe

What do trapezes, water, and Unitarian Universalist women have in common?

Please join us for our annual intergenerational water communion. This Sunday also marks the return of regular services.

* 9:00 am—Opening Day Breakfast begins in the Social Hall

September 18

Lessons from Ferguson

Rev. Sunshine Wolfe

Pastor Sunshine will share stories and insights from living in North County St. Louis during the last two years. They will discuss why *#blacklivesmatter* has become not just a movement for justice, but a movement of hope, healing, and reconciliation. Since Unitarian Universalists became involved with *#blacklivesmatter* two years ago, what has happened, and how we have been transformed and learned together?

September 25

Whose Ministry Is It Anyway?

Rev. Sunshine Wolfe

What is ministry? Who does it? How has ministry changed in the last 400 years and why? What is your personal call and what are you asked to do in the world? Whose ministry is it?



CareRing News & Notes

Denis Mulholland, the husband of May Memorial member **Eliza Bailey**, died unexpectedly on August 15th, at the age of 55. A funeral mass was held in his honor on August 19th, at St. Joseph's Church in Syracuse.

Let us keep Eliza and her family in our thoughts and prayers during this very sad time.

Stephanie Fetta underwent knee surgery on August 23rd. She is back home rehabbing and resting.

We wish you a speedy and full recovery, Stephanie!

May Memorial staff members, **Brian Betz and Leslie Dendy**, were recently struck with a neurological disorder known as Bell's Palsy, which causes temporarily paralysis of one side of the face. Both Brian and Leslie sought medical treatment and are recuperating quite well.

Not receiving our weekly informational email?



Email Brian Betz at office@mmuus.org and sign-up for it.

Did you already sign-up and you haven't received it? Some web-based accounts (including Gmail) can be overzealous when trying to protect you from spam, and will sometimes send large mailings to the spam folder. Check your spam folder to see if they've been going there, and make sure office@mmuus.org is in your contacts book as a contact.



Greetings and Salutations, beloved community of MMUUS!

Your Board of Trustees is hard at work with Director of Religious Education, **Stacy Sceiford**, and **Pastor Sunshine**, gearing up for the interim tasks we need to accomplish this year! (*See the pastor's article on page 1*)

At our Interim Start-Up Meeting with UUA Staff last week, we went over the interim tasks—providing Pastor Sunshine with an overview of some of the best, and not so best, history of MMUUS. We talked about mistakes that have been made and what we learned, how we do (or don't do) conflict, and how we keep our leaders, minister, and staff accountable. (*If you have an opinion on this, please make an appointment to speak to Pastor Sunshine!*)

The board will be reading "*Completing the Circle: Reviewing Ministries in the Congregation*" by David R. McMahill, which stresses the importance of two-way communication throughout any review process, and really, throughout the entire length of stay for all ministers and staff! (*We may never have to do another ministerial survey!*)

We also talked about the culture at MMUUS, and how we currently do things here. The good news is we have a fairly comprehensive operating manual. The flip side of that is the ambiguity surrounding how things **really** get done. (*Besides, "Alexa does it!"*)

For instance, if you have a really great idea about how we might get people interested in coming to MMUUS, or say, you really want to sponsor a displaced/refugee family, *would you know how to get it done? If you are a newcomer whose passion is adult education, how would you find your place at MMUUS? Who would you talk to? Is that is the minister's responsibility—along with preaching, pastoral care, counseling, planning and leading worship, rites of passage, small group ministry, district affairs, UU101, theological reflection, connecting with the local community, and staff administration??*

We talked about how things get done on the board. *On what do we base our decisions? We have the Operating Manual, with all our policies (many that desperately need updating). Cost and resources are other important factors, but what is the sense of purpose that drives our decision making?*

Finally, we talked about the importance of being in covenant with each other. Yes, we have our Covenant of Right Relations, but the board is unique in that we come together to intentionally speak our truths about issues that come before the board. We must be very intentional about creating a safe place that encourages frank and civil discussions, assume good will while resolving conflict, and basically, have each other's backs! We will come up with a board covenant at our board retreat in a couple weeks, as well as specific plans and goals for the board. *Who knew it was going to be this fun?*

See you on Sunday!

Mariah Ducey,
President, May Memorial UU Society



“Mary, Mary, quite contrary, how does your garden grow?”

My garden is looking pretty wild and untamed this year, probably because we didn't plant anything or tend to it in any way whatsoever! We have a tiny patch in our backyard designated for gardening. Over the years, we have had to make adaptations in order to coax what little growth we could from our non-yielding clay based soil. A year or two ago, after a few frustrated efforts, we bought a kit to make a raised bed and mixed in a good helping of organic soil. This seemed to help, but the invasion of a large, mangy woodchuck (*who seemed to take great pleasure in waiting until the veggies were a few days away from harvest before hitting the garden like it was his own personal salad bar*), increased our frustration to the point where we decided last year to just grow a few herbs. The herbs were not harvested or used very often, and honestly, we didn't really miss the time and care it took to weed and water the garden, so this year—we let it do whatever it was going to do on its own. It turned into a mass of mint, a plant that I have discovered cannot be killed. If the tiniest bit of root remains, it will find a way to shoot its aromatic greenness up to the sun. The mint has gone wild, and I don't really mind it, and the kids enjoy periodically plucking a few tasty leaves to chew on while they are on the swing set in the backyard. So it all seems to be working out just fine.

So why am I going on about a garden that isn't being gardened? Well, at first I felt guilty about not caring for our little patch of garden. There are so many wonderful reasons to garden! Gardening gave me the opportunity to teach my kids science lessons about seeds sprouting, important lessons about how to care for plants, to experience the patience of waiting for them to grow, and big bonus—they were eating veggies! But this venture was also causing me quite a bit of stress; it was one more thing that required my attention and I would sometimes get grumpy about it. While the veggies were feeding our tummies, they weren't feeding my spirit.

So that's what I'm getting at, the need to feed our spirits. *What do you give your time to that feeds your spirit? Are there things that you spend time and energy on that don't feed you? Could you release those things from your life to open up space to do more things that do feed you? What about the children in your life? What feeds their spirit? Are there some activities or obligations that may fall into that same category with my gardening experience? Are those things crowding out some of the things that you and your children do crave for spiritual connection and enrichment?*

The Religious Education (RE) families were recently invited to participate in an overnight at May Memorial. It was a chance for the elementary-aged kids to get together in community without having a set lesson plan. They could spend time with their friends and have fun together. The parents who attended

(continued above right)

(“Notes from R.E.” continued)

seemed to enjoy this time together too. And what I heard most from those who attended was that it was so nice to be together at church after a few weeks apart. There was something very fulfilling to our spirits about being in sacred space together, even if we weren't intentionally worshiping or learning, we were together in faith and caring and enjoying each others company.

I'm sure there were dozens of other activities that each of those families could have chosen to do that evening. Some families even had to juggle two or three other events or obligations to be there! But we made it a priority to be together and we were all enriched by the experience. So my hope for this coming year is that we all remember what it is about May Memorial and about RE at May Memorial that feeds our spirits, and that we remember to make room for that nourishment in our lives even when the busy world keeps crowding in.

In Peace,

~ Stacy Sceiford,
Director of Religious Education,
MMUUS

Upstairs Bathrooms

The upstairs bathroom, while labeled for women's use, is our only accessible bathroom for families, transgender/gender variant people, and people living with disabilities. To accommodate the unique needs of people with these needs, there is a lock on the door. This lock indicates on the outside if the door is in use or not. Anyone who needs additional privacy may use this bathroom. Please be patient and considerate, if you find the door is locked. Thank you.



Opening Day Breakfast

The MMUUS dining room (a.k.a. **Social Hall**) opens at **9:00 am on Sunday, September 11th**, for the Opening Day Breakfast. Bring the whole family to enjoy special egg casseroles, pancakes, fruit and bagels. Enjoy some time with folks you may not have seen in a while and share summer adventures. Pastor Sunshine will be on hand to open our church year with the annual Water Communion service.

Mid-Month Newsletter Discontinued

There will no longer be a mid-month newsletter. The first of the month newsletter will continue to be mailed to you (or emailed, depending on your preference) as usual.



You can be sure to stay abreast of all the latest May Memorial news and happenings by reading our weekly email blast, first of the month newsletter, and order of service insert, as well as by visiting the MMUUS.org website and Facebook page.



Potluck Get-Together at Mill Run Park— Help us start a new tradition!

On **September 10th, from 3:00 pm - 7:00 pm**, the Religious Education (RE) Committee is sponsoring a Potluck get together **for all members of May Memorial (not just those in RE)** to get together before the church year resumes. Bring a dish to share and spend the early evening at **Mill Run Park in Manlius** with your friends from May Memorial, and maybe meet some new friends, too! We have rented the **Whorrall Pavilion** (pictured above), which is just past the playground, and it has plenty of picnic tables. Mill Run Park has bathrooms, drinking fountains, hiking trails, a playground, volleyball court, a stream for wading, and a sports field.

Please bring:

- A dish to share (including a list of ingredients if possible). There are grills available, but please let **Larissa Brenner** know if you want to grill so we can provide charcoal
- Plates/utensils and drinks for your family
- A bathing suit, water shoes, and a towel if it's hot—the stream is a nice place to cool off
- Any sports equipment you would like to bring

Please RSVP to Larissa Brenner at larissa_brenner@yahoo.com or 558-8202.

**Photo of Whorrall Pavilion taken by Nicholas Lisi, The Post-Standard*

While You're Doing Your Back to School Shopping...

It's Back to School Season! And you can help Religious Education (RE) by picking up some extra supplies while they are on sale! Please bring them to May Memorial and deposit them in the big blue box in the foyer.



Here is a list of supplies that are running low in the RE Supply Room:

- Elmer's School Glue
- Crayola Crayons
- Composition Notebooks (4)
- Small, note-card sized, notebooks (10)
- Tape! Painter's tape, scotch tape, masking tape
- Glitter
- Band-Aids (no latex)
- Hand Sanitizer

Additional Items Needed:

- Cushions or Pillows (*for kids to sit on to make the floor more comfortable*)
- White/Clear Christmas Lights
- Recycled materials for arts and crafts such as: toilet paper rolls, clean yogurt or butter containers, take-out containers, empty clear jars (jelly sized canning jars), plastic bottles

Thank you for supporting RE!

~ Stacy Sceiford,
Director of Religious Education

Fire Drill at May Memorial Planned for this Fall

The Board of Trustees, in cooperation with the Religious Education (RE) staff, are planning to have a fire drill this fall. We can't tell you when, as that would ruin the surprise!

But if you hear the fire alarm go off, get out of the building immediately!

The RE staff will be advising and assisting children and families, as to where to meet during the drill



Join the UU Presence at the Westcott Cultural Fair

May Memorial and First UU will again have a booth at the Westcott Cultural Fair (**Sunday, September 18th**), and need volunteers to staff the table. We'll have fun stuff to give away (SOSL temp tats, UUs w/ KazUUs, etc), as well as a craft project—asking folks to create a “prayer flag” that describes their vision of “Standing on the Side of Love,” drawing on fabric swatches with fabric markers.

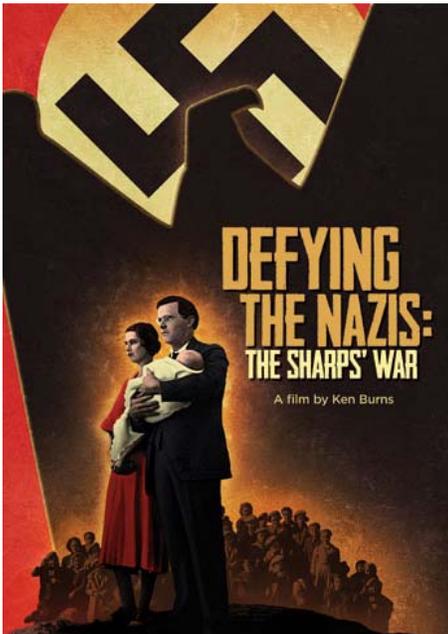
And join us to march in the parade at 11:30 am!

Please consider signing up for a shift (spread the word, and bring a friend!): <http://www.signupgenius.com/go/20f054babad23a5f58-help>.

Fall Coffee Hour Hosts Needed



Enjoyable, easy, one-time volunteer opportunities available on Sunday mornings this fall. We are seeking hosts for coffee hour beginning on September 18th and continuing throughout the church year. As has been the case in recent years we will ask committees and groups to host for a month, but we will also need individuals to help out on occasional Sundays. We will be approaching committees and groups soon. Thorough instructions provided. Please contact **Don MacKay** (mackay214@gmail.com) or **Adele Toney** to volunteer.



“Defying the Nazis: The Sharps’ War”

“Defying the Nazis: The Sharps’ War” is a film by Ken Burns that tells the true story of two Unitarians, Waitstill and Martha Sharp of Massachusetts, who went to Europe during World War II and helped Jews and political opponents of the Nazis escape to safety.

WCNY will screen this film live at the studios on Sunday, September 11th, at 2:00 pm. The screening is free, but attendees must reserve a seat. Burns’ co-filmmaker is the Sharps’ grandson. Two other relatives of the Sharps will be present for a discussion after the film.

For more information or to reserve a seat, go to wcny.org/events.



Suggested Reading from the Green & Social Justice Committee

Sue Savion (an active member of May Memorial’s Green & Social Justice Committee) has handpicked several important articles from the Summer 2016 edition of *Solutions* magazine, which is published by the *Environmental Defense Fund (EDF)*. Here are the articles that Sue suggests reading:

- **“Delivering on the Promise of Chemical Safety”** —This article is a great follow-up to Sue Savion’s article called “Stink” that was in the *MMUUSletter* last year. *This article begins on page 8 of the Summer 2016 edition of Solutions magazine.*
- **“The Walmart Effect”** —Many dislike Walmart for their business practices and way they treat their employees, but this article highlights the many environmental improvements they have made. Very positive! *This article is on page 12 of the Summer 2016 edition of Solutions magazine.*
- **“An urgent campaign to get lead out of drinking water”** —This is especially pertinent as the city of Syracuse has recently been named as the city with the MOST children affected by lead in their systems! This certainly explains why so many of my students really can’t remember what has been taught to them even the day before). *This article is on page 16 of the Summer 2016 edition of Solutions magazine.*
- **“How to Fight Pests Without Hurting the Environment”** (*article is on page 18 of Solutions*) and **“The Climate-War Connection”** (*article is on page 5 of Solutions*) —Why even the Pentagon links Climate Change to what is happening in Syria.



Here is a link to the Summer 2016 edition of *Solutions* magazine:
https://www.edf.org/sites/default/files/solutions_summer_2016.pdf

2016 Philadelphia Clean Energy March

On July 24, 2016, approximately 10,000 people marched in the streets of Philadelphia on the eve of the Democratic National Convention. I was one of a bus full of Central New Yorkers, who left in the early-morning hours on our way to Philadelphia to be a part of the march. The march meant to encourage clean energy and phase out fossil fuels. Since New York has already banned fracking, we were looked upon by many of the marchers as experienced protesters who've already won the battle against hydrofracking in our state.



Sue Savion (third from the right) joins forces with members of the Pachamama Alliance during the Philadelphia Clean Energy March.

Convened by *Americans Against Fracking* and *Food and Water Watch*, the march was endorsed by more than 800 organizations. "These 800 organizations understand that the greatest crisis facing humanity is global climate change," said Rabbi Mordechai Liebling, with Green Justice Philly. Environmentalists wanted to urge delegates to the Democratic National Convention to strengthen the environmental plank, which was scheduled to be finalized the next day, the first day of the convention. They wanted the Democratic National Committee (DNC) to have no fracking in its platform, a strong endorsement of fighting against climate change, and strong backing of renewable energy.

The marchers also asked the DNC to oppose the *Trans Pacific Partnership* (TPP), a part of the party platform. According to Liebling, signing the TPP (a huge multi-national trade deal) would be quite detrimental for the climate, as it gives multinational corporations the ability to evade national environmental regulations.

Before the march, a multi-faith service was held outdoors at Philadelphia's City Hall. Native Americans from New Jersey's Ramapough Lenape Indian Nation were present, dressed in ribbon shirts and playing drums. A rabbi, an imam, an Indian chief, a Buddhist monk (who handed out orange umbrellas to people as sun shields from the blistering 95-degree heat and humidity), a priest, and several others, including Nancy Casper, a main organizer from Syracuse, took part in the ecumenical prayer service.

At the end of the march, speakers from the, the *inFRACKstructure* contingent, *Breast Cancer Action*, *The Coalition for Peace*, and many others gathered at Independence Hall and called for an end to our unsustainable energy practices and greater consideration for future generations. Seneca Lake defender David Braun, emceed the post-March for a Clean Energy Revolution rally outside of Independence Hall, Philadelphia. The *We Are Seneca Lake* marchers were prominent among the marchers. Many have been arrested for protesting the

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("GoinGreen" continued)

plans to store explosive gases in old salt caverns under the shores of Seneca Lake. Natural gas, or methane, is a greenhouse gas that's about 30% more potent than CO₂ as an agent of global climate change.

On August 9th, at Watkins Glen, a last-ditch attempt to make its project palatable to residents of the Finger Lakes by Crestwood's attorneys promised the Department of Environmental Conservation that it was cutting back the scale of its storage plans. These promises did not impress members of *We Are Seneca Lake*. Crestwood's intention is to repurpose the crumbling salt mines underneath Seneca Lake's hillside into massive, unlined gas tanks for three highly pressurized products of fracking: methane (natural gas), and propane and butane (LPG, or Liquefied Petroleum Gases) and to turn the Finger Lakes into a fracked gas transportation and storage hub for the entire Northeast. Despite Crestwood's minor changes to gas storage, *We Are Seneca Lake* vows to continue the opposition. Recently, MMUUS' Green & Social Justice Committee sent them a card of support and to honor their recent successes.

While I had many groups I could have joined for the march, I chose to march with the Pachamama Alliance. Sue Staropoli of Rochester (who led the Symposium at MMUUS two years ago) was on our bus. Unfortunately, the Pachamama group was placed almost last in the march lineup. However, the exuberance of the crowd, the joy of meeting new friends, the dynamic speakers, and the importance of the message made this a day that will always be memorable for me

~ Sue Savion,
Green & Social Justice Committee



Homeless & Hungry July Dinner Wrap-Up

Thank you to all who volunteered their time to serve the Homeless & Hungry with May Memorial members and friends on Saturday, July 23rd! We are especially grateful to those who brought the hard boiled eggs! They were a wonderful addition to our yummy meal, and saved a lot of money! We are proud of the nutritious food we serve and of our commitment to supporting our Central New York farmers with locally sourced foods.

On July 23rd, we served 259 people, spent \$205.29 at a cost of .79 per meal! This was an all-time low in terms of money spent, and a big part of that was the donated eggs.

Our next meal is Saturday, December 3rd. We hope you can join us! Please mark your calendars.

October Scrap Collection

Gary Carter will be on hand in the MMUUS parking lot on **Sunday, October 2nd**, for scrap metal collection. Contact him at alexacarteralexa@icloud.com or 593-7974 if you need to make special arrangements for pickup. Since its beginning two years ago, the scrap metal collection has earned over \$2,700 for May Memorial.



MUSIC AND THE ARTS



Welcome Back, Choir!

We begin our choir rehearsals on **Thursday, September 8th, at 7:30 pm**, in preparation for the first service of the new church year, on Sunday, September 11th.

As always, newcomers would be welcome and appreciated! If you are just curious, love to sing, or have sung in choirs in the past, come sit in on one of our rehearsals. Every Thursday night during the church year, you can find us in the Sanctuary, starting our vocal exercises just about 7:30 pm.

Feel free to call me if you have any questions at (315) 729-3734.

~ Glenn Kime,
Director of Music, MMUUS

September Artist's Paintings Invoke Celebration of Life

David Robertson ("Hongo") will display his acrylic paintings throughout September in May Memorial's gallery exhibition. "Hongo" is a Buddhist name given to him at an ordination ceremony by the Syracuse Zen Center, when a lay student is given Buddhist precepts. Its English translation is "*original home*" or, as our artist explains, "*you are always home, no matter where you are.*"

David says his paintings are meant to create a sense of calmness, a celebration of the moment, a celebration of life—a place that causes you to pause, wanting to know more.

Inspired by many artists, including Jackson Pollock, his works, he says are "*abstract meditations*". He adds that the process of creating "*gives me time to conceive and then to complete my paintings—the road traveled is as important to me as the destination.*" Texture is a major component of his work; and he makes his own canvasses using Masonite and pine boards. A research data analyst and adjunct professor at SU's iSchool, he lives in Cazenovia.

The exhibit may typically be viewed Mondays through Fridays from 11:00 am—3:00 pm (*please call ahead, as the gallery room is occupied at times*) and Sundays from 10:00 am—12:00 pm.

This exhibition will be on display from August 29th through September 23rd.

David will also be at May Memorial **in the Social Hall after service on Sunday, September 4th**, as part of the "**Meet the Artist**" program.



MUSIC AND THE ARTS

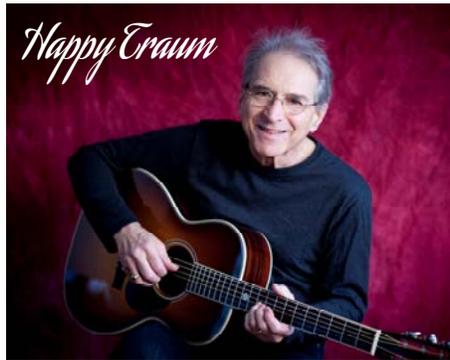
Fall/Winter 2016 Folkus Concert Schedule



The Folkus group is proud to announce that the following concerts are scheduled to perform at May Memorial in 2016:

September 23rd—Happy Traum—

Happy Traum's "Coming of Age" show at May Memorial will be a very different experience, with tales of activism, civil disobedience, and friendship punctuating the evening. The audience will be entertained with a combination of song and narrative, aided by vintage photos and music clips related to Traum's participation in the New York Folk revival. Traum's eloquent memories of the history he helped to make will be part of the performance. He will punctuate his remembrances with powerful renditions of songs and guitar solos from the "folk era" and beyond.



October 7th—Molly Tuttle—A virtuoso multi-instrumentalist and award winning songwriter with a distinctive voice, Molly Tuttle has turned the heads of even the most seasoned industry professionals.

"Tuttle sings with the gentle authority of Gillian Welch, yet plays astoundingly fleet flat-picking guitar like Chet Atkins on superdrive."

~ Paul Zollo, *American Songwriter Magazine*

October 21st—Rod Picott—It's been 15 years since Rod Picott laid down his work belt, picked up an acoustic guitar and put a permanent end to his blue collar gig. He'd been writing music in private for years, but it was 2001's "Tiger Tom Dixon's Blues" — a debut album that bridged the gap between folk and Americana—that officially introduced him as a singer/songwriter.

November 4th—Robin and Linda Williams—For more than four decades, Robin and Linda have made it their mission to perform the music that they love, "a robust blend of bluegrass, folk, old-time and acoustic country that combines wryly observant lyrics with a wide-ranging melodicism." Some might call it Americana, but these two revered music masters were living and breathing this elixir 20 years before that label was turned into a radio format.

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*"2016 Folkus Concert Schedule"
(continued)*

November 18th—Acoustic Guitar Project—"One guitar. One week. One song" is the tagline of the Acoustic Guitar Project, an international songwriting project that originated in New York City and has spread throughout the world. Join us for a special evening as we present five local singer/songwriters doing what they do best.

December 2nd—Cliff Eberhart with special guest Louise Mosrie—

You've heard his lyrics and voice on commercials for Coke and Chevy (remember "It's the heartbeat of America..."? That's his!). But, Cliff's music is so much more than a commercial tag line. He's also the 2013 winner of the Helen Hayes Award for his original music and performance in "Taming of the Shrew" at the Folger Theater in 2012.

Louise Mosrie may well be the brightest young folk-oriented artist to emerge from Nashville in many a year. Her pure, expressive voice delivers the songs with the perfect balance of expressiveness and direction.

December 16th—Guy Davis—

When Guy Davis plays the blues, he doesn't want you to notice how much art is involved. "It takes work making a song that's simple, and playful, and easy to do," he says. "And I don't want people to see that. I want to uplift and create something that causes delight." His parallel careers – as a musician, an author, a music teacher and a film, television and Broadway actor—mark Davis as a Renaissance man, yet the blues remain his first and greatest love.

For more information on any of these shows, visit www.folkus.org.

Transforming Spirit Programs

The following classes **will be held in the Memorial Room** and led by Pastor Sunshine in September and October. They will be available to members and friends ages 14+.

✦ **Sunday, September 25th, 11:45 am**—*Enneagram Basics*—Attendees will take an inventory to determine their enneagram foundations. The program will then cover the basic history of the Enneagram and a description of the 9 motivational types. This system of understanding the motivations goes deeper than personality tests and includes our integration into all 9 types. This program is a prerequisite for “*Enneagram for Daily Life*”, a program to be offered in November.

✦ **Sunday, October 9th, 11:45 am**—*Understanding Microaggressions, Sustaining Microaffirmations*—This program will cover the basic understandings of oppression and the dynamics of systemic oppression. We will then delve deeply into the meaning and purpose of seeing micro-aggressions and what they can mean for hindering health and wholeness. We will close with a discussion of microaffirmations and how to build toward healing the systemic inheritance of our society.

✦ **Sunday, October 23rd, 11:45 am**—*Enneagram Basics*—Attendees will take an inventory to determine their enneagram foundations. The program will then cover the basic Enneagram history and a description of the 9 motivational types. This system of understanding the motivations goes deeper than personality tests and includes our integration into all 9 types. Participants may take this class multiple times. This program is also prerequisite for the November program, “*Enneagram for Daily Life*”.

“Off the Trapeze” (continued from page 1)

values, our actions, and our being into relationship. As South African June Jordan wrote, “*We are the ones we have been waiting for.*”

In a world that is at the height of diverse interactions that range from meaningfully integrated to stubbornly cruel, we have much to offer the world and we need to show up. One of the many things that drew me to consider this congregation for service was both the stated desire to improve relationships—systems, mission, and commitment—within the congregation as well as a desire to engage with the world in compassion and commitment. In the coming year or two, I hope that we grow together in learning and living in presence with each other. I know every ministry experience is an opportunity to grow. It is a process. A journey that we take together that can lead to transformation—growth of awareness in mind, body, and spirit. As we practice together, so we too practice in the world.

The interim time, by its nature, is inward facing. The congregation takes time to build up the strengths—to hone skills and become artisans of those natural strengths it holds. It takes time to live differently those areas where it has challenges and work to learn from. Through this inward focus, the congregation as a whole becomes stronger and more able to live the love we wish to be in the world. These are not mutually exclusive and the work service of love outward into the world will continue even as energy is placed on loving commitment within the congregation to one another.

The interim time by its nature is anxiety producing and there will be times of frustration when you will long for a harbor that is home rather than traveling the turbulent seas of change. This is normal and healthy. There may be times of conflict. This is normal and healthy. The turbulent times of the interim are opportunities for building muscle for facing the turbulent seas in our society. Seas where too frequently vitriolic rhetoric looms large, systemic oppression can destroy lives and communities, and disconnection serves to maintain the status quo and a false feeling of security.

There is much to say about the interim time, but I hope that you hear loud and clear that it is ultimately this: *a learning opportunity*. We will learn and grow together. We will face challenges, wonder, frustration, reactivity, responsiveness, hope, legacy, justice, beauty, grace, faith, love, and so much more.

There is always more to learn about beloved community. We as Unitarian Universalists do not model values of having *achieved* beloved community—as if that were possible. We can model values of striving for more loving responsive relationship for ourselves, the people around us, and all we may come to know. The world needs to our wisdom—an imperfect and human wisdom that strives ever toward health and a “*planet transformed by our care.*”

I felt the call to interim ministry with the hope that the skills that I bring to spiritual leadership will support congregations in becoming the healthiest communities they can be to do meaningful work in the world. This congregation has a long history of doing meaningful work in the world. I hope each of our natural talents together will support that transitions needed to bring the healthiest match in a settled minister that is available. More than that, I hope our talents

(continued on page 11)

Calendar

(continued from page 12)

Monday, September 19th

6:30 pm Spiritual Enrichment Group Memorial Room

Tuesday, September 20th

3:00 pm T'ai Chi Chih Social Hall

Wednesday, September 21st

6:30 pm Men's Fellowship Potluck/Discussion Social Hall

Thursday, September 22nd

1:30 pm Bookenders Memorial Room

3:00 pm T'ai Chi Chih Social Hall

6:00 pm Spiritual Enrichment Group Memorial Room

7:30 pm Choir Rehearsal Sanctuary

Friday, September 23rd

8:00 pm Folkus Concert: Happy Traum May Memorial
(see page 9 for details)

Sunday, September 25th

10:30 am Worship Service Sanctuary

11:45 am Transforming Spirit Program:
Enneagram Basics Memorial Room
(see page 10 for details)

12:15 pm Spanophiles COA Room

Monday, September 26th

4:00 pm Spiritual Enrichment Group Memorial Room

Tuesday, September 27th

3:00 pm T'ai Chi Chih Social Hall

6:00 pm Twisted Sisters Memorial Room

Thursday, September 29th

3:00 pm T'ai Chi Chih Social Hall

7:30 pm Choir Rehearsal Sanctuary

"Off the Trapeze"

(continued from page 10)

together foster a congregation of health, connection, and commitment.

So, may we leave the harbor, fly off the trapeze, and embrace the unknown possibilities of with grace and trust that we are enough to face whatever may come. May we be the ones we have been waiting for.

Blessings on the journey,
Pastor Sunshine,
Interim Minister, MMUUS

Getting in touch with Pastor Sunshine

Pastor Sunshine wishes to be available to all who need their time and presence. During these first couple of months, Pastor Sunshine does not have posted office hours due to conducting interviews that include a need for flexibility of schedule and the fact that Pastor Sunshine is at the church six days a week. During this time, you can call Pastor Sunshine at (317) 448-3838 or email them at swolfe@uuma.org. You can also set an appointment at: <https://revsunshine.acuityscheduling.com/>.

Beginning in October, Pastor Sunshine will have set office hours at the church and community hours at Recess Coffee in Westcott. Thank you for your patience. **Please note that Pastor Sunshine does not check email or answer phone calls on Mondays unless it is an emergency.** If it is an emergency, call the Pastor's cell twice in three minutes and it will ring through.

May Memorial is a member of the Unitarian Universalist Association and the Unitarian Universalist Service Committee.

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NEWSLETTER SUBMISSIONS
Email:
newsletter@mmuus.org

MMUUSletter is a publication of events and information at May Memorial Unitarian Universalist Society. To be included on our mailing list, please contact our office at 315.446.8920 or office@maymemorial.com.

The deadline for the first of the month newsletters is the 15th of the preceding month. Articles received after the deadline will be included in the next newsletter. To submit an article, please email it to newsletter@mmuus.org.

May Memorial Unitarian Universalist Society
3800 East Genesee Street
Syracuse, NY 13214

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TIME VALUE

Calendar

Thursday, September 1st

7:00 pm Transition Team Meeting Memorial Room

Sunday, September 4th

10:30 am Worship Service Sanctuary
11:30 am Meet the Artist: David Robertson Social Hall
(see page 8 for details)

Monday, September 5th

6:30 pm **Labor Day—*Office Closed***
Spiritual Enrichment Group Memorial Room

Thursday, September 8th

4:30 pm Arts on Genesee Committee Memorial Room
6:00 pm Spiritual Enrichment Group Memorial Room
7:30 pm Choir Rehearsal Sanctuary

Saturday, September 10th

9:00 am Board of Trustees Retreat Memorial Room
3:00 pm—8:00 pm Congregational Picnic Mill Run Park, Manlius
(see page 4 for details)

Sunday, September 11th

9:00 am Opening Day Breakfast Social Hall
(see page 4 for details)
10:30 am Worship Service Sanctuary
12:15 pm Spanophiles COA Room

Monday, September 12th

4:00 pm Spiritual Enrichment Group Memorial Room

Tuesday, September 13th

3:00 pm T'ai Chi Chih classes resume Social Hall

Thursday, September 15th

3:00 pm T'ai Chi Chih Social Hall
7:30 pm Choir Rehearsal Sanctuary

Friday, September 16th—Sunday, September 18th

MMUUS/First UU's Unirondack Weekend

Sunday, September 18th

10:30 am Worship Service Sanctuary
1:00 pm CNY UU Cluster Meeting Social Hall

(continued on page 11)